

# Seniors

## Senior Center Hours

The Rockville Senior Center is open to members and City residents ages 60 and over:

**Monday-Friday 8:30 a.m. - 5 p.m.**

**Saturday 8:30 a.m. - 1 p.m.**

Rockville's Senior Center is a multi-purpose center which provides a central location for many programs, activities and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center.

**\$25 Residents**

**\$125 Nonresidents and \$65 Spouse**

Additional \$25 per person for Fitness Membership. For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019.

## Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

**Washingtonian Center: 5/15**

**Lakeforest Mall: 4/3**

**Westfield Montgomery Mall: 3/6**

**Westfield Wheaton Mall: 6/5**


## Rentals: 240-314-8801

Tucked away in a quiet Rockville neighborhood, the Rockville Senior Center offers rooms of various sizes for your special event. The Center can accommodate many uses from a small bridal shower for 10 to a fully catered wedding reception for 150. The rates are very affordable and include savings packages for rentals of six or more hours in length.

## Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800.
5. Discounts are not available on 

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.02-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

## Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center membership is available. You must meet age and income guidelines.

## Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.38. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations.

## Suburban Hospital HeartWell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

# Seniors

## Arts/Dance/Enrichment

### Annual Senior May Gala

Enjoy hors d'oeuvres, dinner, dancing and entertainment at the Gaithersburg Marriott Washingtonian Center! New this year, a double entree of Grilled Chicken and Beef Strip Loin. The Dale Jarrett Trio will be our headline entertainment with the grand finale by the Carnation Players. Note: Please remember to state your transportation needs on the registration form. If you wish to dine in a group, have one member of the group complete a seating request form, available at the Senior Center, and submit it by the registration deadline. Register by: 4/11.

Course #	Day	Date	Time	Fee (M/NM)
18187	Th	May 4	5:15pm-9pm	\$36/\$45

Location: Ballroom

### AARP Driver Safety Program

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road, accident prevention and insights into personal driving abilities. Check with your insurance company because many graduates of this two-day course receive a discount on auto insurance. Note: \$10 class fee payable to AARP due at the first class.

Course #	Day	Date	Time	Fee (M/NM)
17897	Tu & W	May 9-10	4:30pm-8:30pm	\$5/\$8

Location: Azalea Room

### Birthday and Anniversary Parties

Mark your calendar! Celebrate spring birthdays and anniversaries with great entertainment and light refreshments.

#### April Birthday and Anniversary Party

Sponsored By: Genesis Health Care and Old Country Buffet

Entertainment By: Marjorie Spector

Course #	Day	Date	Time	Fee (M/NM)
18181	W	Apr 5	1:30pm-3pm	Free

#### May Birthday and Anniversary Party

Sponsored By: Marge Carter and Suburban Federal Savings Bank

Entertainment By: Vintage Entertainment

Course #	Day	Date	Time	Fee (M/NM)
18182	W	May 3	1:30pm-3pm	Free

Location: Carnation Room

#### June Birthday and Anniversary Party

Sponsored By: This Could Be You!

Entertainment By: Barry Goodman Trio featuring Patsy Abrams

Course #	Day	Date	Time	Fee (M/NM)
18183	W	Jun 7	1:30pm-3pm	Free

### Braving Antarctica *New*

Antarctica is not an easy place to get to, but increasing numbers of people visit every year. Almost all go as a part of an organized expeditionary cruise, frequently guided by experts. Listen to our expert, and daughter of 'Antarctica's First Lady,' as she presents her tourism slides.

Course #	Day	Date	Time	Fee (M/NM)
18470	Tu	Apr 11	10:30am-11:30am	Free

Location: Azalea Room

### Chinese Brush Painting *New*

Learn basic and advanced brush skills of traditional Chinese painting using Chinese ink, watercolor, and rice paper through various hands on demonstrations and practice. Lectures on the appreciation of Chinese Masters' artworks and special painting techniques will be included. Note: This course is co-sponsored with Montgomery College. \$60 fee payable to Montgomery College with completed college registration form, available at Senior Center Information desk. A supply list will be mailed to participants prior to the first class. No class April 14.

Course #	Day	Date	Time	Fee (M/NM)
18471	F	Apr 7-Jun 2	10am-12 noon	Free

Location: Arts and Crafts Room

### Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us.

Course #	Day	Date	Time	Fee (M/NM)
18551	F	Apr 7-Jun 23	10am-11:30am	\$12/\$14

Location: Board Room

### Citizenship Class

If you have been a U.S. resident for four years nine months and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

Course #	Day	Date	Time	Fee (M/NM)
18552	M & W	Apr 3-Jun 5	12:30pm-2:30pm	\$15/\$20

Location: Arts and Crafts Room

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## Computers - Beginners Introduction

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10 a.m.-2 p.m. Tuesday & Thursday class meets 10:30 a.m.-12 noon. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

Course #	Day	Date	Fee (M/NM)
18553	M, Tu & Th	Apr 10, 25 & 27	\$5/\$7
18554	M, Tu & Th	May 8, 23 & 25	\$5/\$7
18555	M, Tu & Th	Jun 12, 27 & 29	\$5/\$7

Location: Computer Lab

## Computers - Clarify Concepts

Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

Course #	Day	Date	Time	Fee (M/NM)
18556	W	Apr 5	10am-12 noon	\$6/\$8
18557	W	May 3	10am-12 noon	\$6/\$8
18558	W	Jun 7	10am-12 noon	\$6/\$8

Instructor: Conway

Location: Computer Lab

## Computers - Database Creation

Certain types of data are perfect for database software programs such as name and address files, recipe files, charity donation files and many others that are erroneously placed into spread sheets. Learn to create a simple database that will give you ease in manipulating data, sorting and printing a file in exactly the format that you want. Prerequisite: Computer Essentials.

Course #	Day	Date	Time	Fee (M/NM)
18821	Tu & Th	Jun 13-15	10am-12 noon	\$15/\$18

Instructor: Bender

Location: Computer Lab

## Computers - Drawing in MS Word

Learn to use the drawing tools in Microsoft Word. Learn to crop, resize and add notes to a picture or other drawing. Copy and save any picture that appears on your screen.

Course #	Day	Date	Time	Fee (M/NM)
18831	Tu & Th	Apr 18-20	1pm-3pm	\$8/\$10

Instructor: Martin

Location: Computer Lab

## Computers - E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$2 materials fee payable to instructor at class.

Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
18566	Tu & Th	May 9-16	10am-12 noon	\$23/\$27

Instructor: Bender

Location: Computer Lab

## Computers - HELP and More

Still puzzled? Join us for more instruction and assistance. Learn how to use the keyboard in conjunction with the mouse and how to use the Windows HELP. Now you don't have to remember everything you learn in class.

Course #	Day	Date	Time	Fee (M/NM)
18829	Tu & Th	Jun 20-22	1pm-3pm	\$8/\$10

Instructor: Martin

Location: Computer Lab

## Computers - Internet

Get online and get connected to the information age. Through Internet Explorer, discover how to find free software, health information, purchasing information, product and price comparisons and much more. Note: \$5 manual fee payable to instructor.

Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
18567	Tu & Th	May 30-Jun 8	10am-12 noon	\$30/\$35

Instructor: Bender

Location: Computer Lab

## Computers - Simple Word Processing

Learn to use Notepad and WordPad, two relatively simple word processing programs. Typing skills are not needed.

Course #	Day	Date	Time	Fee (M/NM)
18830	M & W	May 15-17	1pm-3pm	\$8/\$10

Instructor: Martin

Location: Computer Lab

## Computers - The Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class.

Prerequisite: Clarify Computer Concepts

Course #	Day	Date	Time	Fee (M/NM)
18568	Tu & Th	Apr 4-11	10am-12 noon	\$23/\$27

Instructor: Bender

Location: Computer Lab



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## Computers - Windows XP

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class.

Course #	Day	Date	Time	Fee (M/NM)
18569	M & W	Apr 17-May 1	10am-12 noon	\$35/\$43

Location: Computer Lab

## Counseling & Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Wed. each month and will be in Spanish. Presented by Affiliated Sante' Group. Class will meet April 26, May 24 and June 28.

Course #	Day	Date	Time	Fee (M/NM)
18570	W	Apr 26-Jun 28	1pm-2pm	Free

Location: Azalea Room

## Digital Camera Purchase

Learn what to look for and get the most for your money.

Course #	Day	Date	Time	Fee (M/NM)
18572	Th	Apr 6	1pm-3pm	Free

Instructor: Bender  
Location: Azalea Room

## Digital Photo - Beginners

Digital cameras are really mini computers. Join us and learn the functions of the camera's menu system. Then we will use the camera in auto mode and produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual.

Course #	Day	Date	Time	Fee (M/NM)
18559	M & W	Apr 17-24	1pm-3pm	\$35/\$40

Location: Computer Lab

## Digital Photo - Intermediate

Further use of camera capabilities will be explored as we discuss additional menu items, shoot close-up images, use depth of field capabilities, investigate lighting techniques, the use of proprietary camera functions and understand how to improve our photo by using the built in camera flash. A critique of assignments will take place at the start of each session. Bring a digital camera.

Course #	Day	Date	Time	Fee (M/NM)
18560	Tu & Th	May 9-16	1pm-3pm	\$35/\$40

Instructor: Bender  
Location: Computer Lab

## Digital Photography Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Bring sample photos on a floppy disk or a chip. Student photos will be printed.

Course #	Day	Date	Time	Fee (M/NM)
18561	Tu & Th	May 30-Jun 8	1pm-3pm	\$45/\$50

Instructor: Bender  
Location: Computer Lab

## Dr. Gridlock *New*

Dr. Gridlock will travel around the beltway to visit us in Rockville. You won't want to miss having an opportunity to talk with the columnist who writes for The Washington Post and The Gazette Newspapers on a regular basis. Ask questions, discuss our traffic woes and make suggestions for helping us drive more easily and carefully in the metro area.

Course #	Day	Date	Time	Fee (M/NM)
18864	Tu	May 9	11:30am-12:30pm	Free

Location: Azalea Room

## English Classes

English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Classes include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability.

### Level I

Course #	Day	Date	Time	Fee (M/NM)
18562	M & W	Apr 10-Jun 12	10:15am-11:15am	\$11/\$14

### Level II

18563	M	Apr 10-Jun 12	10am-12 noon	\$11/\$14
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### Level III

18564	Tu	Apr 11-Jun 6	10am-12 noon	\$11/\$14
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### Level IV

18565	W	Apr 12-Jun 7	10am-12 noon	\$11/\$14
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Location: Azalea Room

## Estate Planning

Review the importance of a will, Power of Attorney and Health-care Directives. Learn what information should be in each of these documents and how you can use them to your advantage. Presented by Robb Lonaman, Attorney

Course #	Day	Date	Time	Fee (M/NM)
18848	W	Jun 7	1pm-3pm	Free

Location: Azalea Room

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## Exploring Yellowstone *New*

Our speaker's prize winning images will illustrate Yellowstone's natural wonders. The journey begins with a digital sound and image presentation and concludes with observations of this beautiful part of our county.

Course #	Day	Date	Time	Fee (M/NM)
17896	Th	Mar 30	10:30am-12 noon	\$2/\$4

Location: Azalea Room

## Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory and note reading of music. Pianos are available for each lesson, and for practice by checking with the Center office in advance. Note: Prerequisite for all classes is completion of the Winter '06 session. Note: No class 5/29.

### Advanced Beginner

Course #	Day	Date	Time	Fee (M/NM)
17891	M	Apr 24-Jun 5	10:15am-11:15am	\$60/\$75

### Elementary

17892	Tu	Apr 25-May 30	11:15am-12:15pm	\$60/\$75
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### Advanced Intermediate

17893	Tu	Apr 25-May 30	10:15am-11:15am	\$60/\$75
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Instructor: Butenhoff

Location: Board Room

## Hand Chime Choir *New*

Hand chimes are similar to hand bells and are played in a like manner. This class will enhance your ability to read music and improve your rhythm. Please join us for this unique musical experience.

Course #	Day	Date	Time	Fee (M/NM)
18851	Th	Apr 20-May 25	1:15pm-2pm	\$6/\$9

Location: Azalea Room

## Hand Painted Glassware For Spring *New*

Choose from a set of wine glasses or a beautiful vase and learn to paint pretty floral designs, grapes on vines, and more. Examples will be shown and instruction provided. Take home your finished project to bake in your own oven. Note: \$10 material fee payable to instructor at class.

Course #	Day	Date	Time	Fee (M/NM)
18854	Th	Apr 6	10:15am-12:15pm	\$6/\$8

Instructor: Pasquariello

Location: Ceramics Room

## In the Kitchen with Judy

Learn an array of new dishes and recipes in our series of gourmet cooking classes. Register early as classes with Judy and Jacques fill quickly.

### Tropical Buffet

Set sail for a tasty cruise at a table of delicious but easy dishes. Come abroad for recipes and tastings that includes exotic fruit with rum sauce, spicy crab bites, coconut chicken, Polynesian meat balls and more.

Course #	Day	Date	Time	Fee (M/NM)
18488	Th	May 11	10am-12 noon	\$26/\$30

Instructor: Beck

Location: Arts and Crafts Room

## Line Dancing - Beg./Int. *New*

Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners and intermediates so you can learn at your own pace. This is a no-partner activity for men and women.

Course #	Day	Date	Time	Fee (M/NM)
17911	W	Apr 12-May 17	10:10am-10:55am	\$23/\$28

Instructor: TBA

Location: Exercise Room

## Once Upon A Time....

Our newest book club will make you want to run out and get a book to read! Moderator, Marie MacKay, will begin our discussion. Come find out what novels are being read in Rockville. At our April meeting we will discuss options and choose a book for everyone to read for May.

Course #	Day	Date	Time	Fee (M/NM)
18861	M	Apr 3	10:15am-11:15am	Free
18862	M	May 1	10:15am-11:15am	Free
18863	M	Jun 5	10:15am-11:15am	Free

Location: Azalea Room

## Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting. No class 4/17.

Course #	Day	Date	Time	Fee (M/NM)
17894	M	Mar 13-May 22	12:45pm-2:45pm	\$8/\$10

Location: Board Room

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### Preparing Your Spring Garden *New*

Listen to Master Gardener, Bob McDowell, as he teaches you how to prepare your spring garden. You will learn what plants to include in your garden and how to keep the deer from munching on your flowers. A question and answer period will follow the talk so bring on your toughest questions!

Course #	Day	Date	Time	Fee (M/NM)
17895	M	Apr 24	10am-11am	\$2/\$4

Location: Azalea Room

### Protect Against the Theft of Your Assets *New*

Explore the options commonly used to protect the assets in your estate. Learn about the Probate Process, the advantages and disadvantages of wills, Powers of Attorney, trusts, gifting techniques and more. Presented by Steve Chappell, Financial Network Investing Corp.

Course #	Day	Date	Time	Fee (M/NM)
18866	W	May 17	1pm-3pm	Free

Location: Azalea Room

### Protect Your Assets *New*

Take a fresh look at safely increasing your CD and IRA income. Learn how to protect your assets in an uncertain market. Become knowledgeable on the conservative investment choices that allow you to keep more of your Social Security income after taxes. Know which investments provide a lifetime income, protect your principal and can be passed on. Presented by Cynthia Cosvell, Suburban Federal Savings Bank.

Course #	Day	Date	Time	Fee (M/NM)
18822	W	Apr 19	1pm-2:30pm	Free

Location: Azalea Room

### Reverse Mortgages *New*

A reverse mortgage is a financial tool designed to help you remain in your home and retain full ownership. It allows you to convert the money you have building up as home equity in to income that you can use however you choose. There is no repayment until you permanently leave your home. Presented by Cheryl Sloan, Reverse Mortgage Consultant.

Course #	Day	Date	Time	Fee (M/NM)
18847	W	Apr 12	10am-12 noon	Free

Location: Azalea Room

### Shade Gardening *New*

Many gardeners view shade as a challenging situation for growing plants...but not Master Gardener Bob McDowell. While some plants fail in low light, numerous others thrive! Moisture, temperature, and soil conditions, along with the amount of shade present, help determine your success. The key is to discover which plants to plant.

Course #	Day	Date	Time	Fee (M/NM)
17898	M	May 8	10am-11am	\$2/\$4

Location: Azalea Room

### Short Story Writing

Have you always wanted to write a short story and have it published? Do you have a story in need of critique? Join Fred McCann to hear about his writing journey and critique one of his stories. This is an ongoing friendly dialogue among budding authors. Come share your story with us. We now have a number of stories to critique and discuss so join the group!

Course #	Day	Date	Time	Fee (M/NM)
18868	F	Mar 3	10:15am-12 noon	Free
18869	F	Apr 7	10:15am-12 noon	Free
18870	F	May 5	10:15am-12 noon	Free

Location: Azalea Room

### Spring Car Care *New*

Houses aren't the only things that require spring cleaning! Sign up now to be sure you have your car running well and in tip-top shape for spring and summer driving. We will cover all the basics for good car maintenance: tire pressure, brake fluid and more. Your car will thank you!

Course #	Day	Date	Time	Fee (M/NM)
18158	Tu	Mar 28	1pm-3pm	\$2/\$4

Location: Azalea Room

### The Jefferson Cafe

Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

### The Founding Brothers

This reading is from "Founding Brothers" by Joseph Ellis.

Course #	Day	Date	Time	Fee (M/NM)
18872	W	Mar 29	1pm-2:30pm	Free

### The Founding Sisters

This months reading is from "Founding Sisters" by Eleanor Clift.

Course #	Day	Date	Time	Fee (M/NM)
18873	W	Apr 26	1pm-2:30pm	Free

### Freethinkers

This reading is from "Freethinkers: A History of American Secularism" by Susan Jacoby.

Course #	Day	Date	Time	Fee (M/NM)
18874	W	May 17	1pm-2:30pm	Free



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## The Signers *New*

We are offering our first revolutionary era lecture and The Signers is the story of the 56 men who signed the Declaration of Independence - their sacrifices and their suffering discussed by Robert H. Torgler.

Course #	Day	Date	Time	Fee (M/NM)
18867	Th	Apr 27	10:30am-11:30am	Free

Location: Azalea Room

## Victorian Rockville *New*

Join us for an illustrated talk on the origin and history of the Victorian style of architecture, and how it was interpreted in Rockville. This slide show uses examples from West End Park and East Rockville and also presents some notable buildings which are no longer standing. The talk gives the viewer an insight into building interpretation as well.

Course #	Day	Date	Time	Fee (M/NM)
17899	W	Mar 22	10:30am-11:30am	Free

Location: Azalea Room

## Watercolor - Experimental *New*

Try this class with no risk as all materials will be provided! At each class explore a different aspect of the watercolor medium. Learn to mix color, basic brush techniques and paper choices. It's your chance to try watercolor without a big investment. If you like this class, there's still time to register for the Beginner class.

Course #	Day	Date	Time	Fee (M/NM)
18159	Tu & W	Mar 21-22	6:30pm-8:30pm	\$27/\$30

Instructor: Ely

Location: Arts and Crafts Room

## Watercolor - Beginning

Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: \$6 material fee for new students payable to the instructor at first class. Note: No class 4/11.

Course #	Day	Date	Time	Fee (M/NM)
18156	Tu	Mar 28-May 16	1pm-3pm	\$54/\$67

Instructor: Ely

Location: Arts and Crafts Room

## Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Come enhance your skills in a comfortable and nurturing atmosphere. Note: No class 4/13.

Course #	Day	Date	Time	Fee (M/NM)
18157	Th	Mar 30-May 18	10am-12 noon	\$54/\$67

Instructor: Ely

Location: Card Room

# Fitness/Wellness

## Afternoon Tone and Stretch



Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will work with exercise tubes, weights, Swiss balls and mats. No class 5/29.

Course #	Day	Date	Time	Fee (M/NM)
17900	M & W	Apr 10-Jun 7	1pm-2pm	\$36/\$45

Instructor: Cristiano

Location: Exercise Room

## Arthritis Foundation's PACE



People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF. No class 4/13.

Course #	Day	Date	Time	Fee (M/NM)
17901	Th	Apr 20-Jun 15	1pm-2pm	\$24/\$29

Instructor: Cristiano

Location: Exercise Room

## Basic Weight Training for Beginners



This class is designed to emphasize muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand held weights and exercise tubes.

Course #	Day	Date	Time	Fee (M/NM)
18845	Tu	Jun 13	2pm-3pm	\$6/\$8

Instructor: Klopfer

Location: Exercise Room

## Chair Exercise



Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music. No class 5/29.

Course #	Day	Date	Time	Fee (M/NM)
17904	M & W	Apr 10-Jun 7	11am-12 noon	\$36/\$45

Instructor: Cristiano

Location: Exercise Room

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## Counting Sheep?



Kerry O'Shannon, affiliated with the National Capital Sleep Center at Suburban Hospital, will discuss a variety of problems that can affect your sleep. Are you waking up too early? Falling asleep during the day? Snoring? Take the sleep quiz to find out if you are getting the sleep you need. Learn how sleep studies are conducted and discover how to get a good night's sleep.

Course #	Day	Date	Time	Fee (M/NM)
18545	Th	May 18	1pm-2pm	Free

Instructor: Suburban Hospital

Location: Azalea Room

## Do You Have Enlarged Gums?

New



Dr. Jane Atkinson from the National Institute of Dental and Craniofacial Research will discuss the research she is conducting on adults taking dilantac, cyclosporine and calcium channel blockers that cause enlarged gums. She is seeking volunteer participants to help in this study and treatment will be provided at no cost.

Course #	Day	Date	Time	Fee (M/NM)
18840	Th	Apr 13	1pm-2pm	Free

Location: Azalea Room

## Exercise Plus



This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

Course #	Day	Date	Time	Fee (M/NM)
17905	F	Apr 14-Jun 9	1pm-2pm	\$5/\$8

Instructor: Kao

Location: Exercise Room

## Seniors on the Ball

New



Try this new exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. Basic Yoga movements and Yoga stretching included. 'Swiss Balls' will be provided.

Course #	Day	Date	Time	Fee (M/NM)
18961	Th	Apr 20-Jun 15	9am-9:45am	\$28/\$35

Instructor: Ponce

Location: Exercise Room

## Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$25 Fitness Room fee payable when you renew your Center Membership.

### FOR FITNESS CLUB MEMBERS ONLY:

Monday through Friday 8:30 a.m.-4:50 p.m.

Saturday 8:30 a.m.-12:50 p.m.

### Exercise Machine Training

Are you interested in becoming a Fitness Club member and learning how to use our exercise equipment? Instruction is offered by appointment. Register for the month desired and you will be contacted for an appointment time within the time frame indicated below. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room at your convenience. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
17906	M & W	Apr 3-Jul 19	10am-4:50pm	\$25

Instructor: Klopfer

Location: Fitness Room

## Hints for the Memory Challenged



Laughing through the inconvenience of forgetfulness is a challenge. Get tips to help you through this memory maze. We'll look at vitamin supplements and natural remedies, and the effect of medications. Presented by Jewell Elizabeth Golden, LCSW-C and Ralph Golden, Physiologist.

Course #	Day	Date	Time	Fee (M/NM)
18843	Th	Apr 20	10am-12 noon	Free

Location: Azalea Room

## Making the Grade with the FDA

New

Dr. Mary Kremzner, from the FDA Center for Drug Evaluation and Research (CDER) will discuss the process the agency uses to process new drugs before they reach your local pharmacy. She will also highlight some of the products the FDA regulates.

Course #	Day	Date	Time	Fee (M/NM)
18833	Tu	Jun 6	1pm-2pm	Free

Location: Azalea Room



# Seniors

## NIH Wants You! *New*

Ever wonder what it would be like to participate in a medical study? Dr. Chi-Fishman will be here to discuss how you can become a volunteer in a tongue study being conducted on the NIH campus. Information from this study may assist in improving treatments for patients with tongue movement and swallowing difficulties. Compensation is provided and parking is validated.

Course #	Day	Date	Time	Fee (M/NM)
18834	Tu	Apr 25	1pm-2pm	Free

Location: Azalea Room

## Nutrition - Separating Fat from Fiction *New*

Seniors have unique nutritional needs and more interest in nutrition for better health than ever before. Unfortunately, seniors are also a major target for nutrition misinformation. Supplements, soy, flaxseed, trans fat, carbs... How can we best separate fact from fiction? Melanie Polk, RD, will address these issues with specific guidelines for finding reliable nutrition recommendations.

Course #	Day	Date	Time	Fee (M/NM)
18571	Tu	May 2	1pm-2pm	Free/\$9

Location: Azalea Room

## Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You must have been trained on the equipment. (See Exercise Machine Training.) FOR FITNESS CLUB MEMBERS ONLY. Ongoing.

### 1 One-Hour Session

Course #	Day	Date	Time	Fee (M/NM)
17915	M & W	Apr 3-Jul 19	9am-4:50pm	\$37

### 2 One-Hour Sessions

17916	M & W	Apr 3-Jul 19	1pm-5pm	\$61
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Instructor: Klopfer

Location: Fitness Room

## Senior Cardio Kick *New*

Add some spice to your aerobic routine with this new class, which will combine the heart-healthy benefits of an aerobic workout with a variety of kickbox movements. Learn proper form and technique for each move before progressing to the next and then have fun putting them into practice. A strengthening segment will also be included, as well as a final cool-down and stretch.

Course #	Day	Date	Time	Fee (M/NM)
18865	Tu	Apr 11-Jun 6	1pm-2pm	\$46/\$57

Instructor: TBA

Location: Exercise Room

## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, class includes fitness assessments. New participants must register and have a signed doctor's certificate. Forms are available in front office. FOR SENIOR CENTER MEMBERS ONLY. Ongoing. No Class 5/29.

Course #	Day	Date	Time	Fee (M/NM)
17921	M & W	Mar 27-Jul 12	1:30pm-2:15pm	Free

17922	M & W	Mar 27-Jul 12	2:20pm-3:05pm	Free
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Instructor: Aehle

Location: Carnation Room

## Rockville Senior Riders

Join a fun bunch of senior bicyclists on casual bike rides in the area and recapture your youth. If you have not ridden a bike recently, we can help you. We will start with the basics and provide individual help with your skills. We will assure that you are fitted properly and then will teach you simple maintenance procedures. A limited number of bikes are available for those without them. Call 240-314-8825 to make arrangements.

Course #	Day	Date	Time	Fee (M/NM)
17917	Tu	May 2-Jun 6	10am-12 noon	\$11/\$14

Instructor: Michie

Location: Lobby

## Senior Pilates

Join us for a modified, gentler version designed for the senior participant. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes. No class 4/13.

Course #	Day	Date	Time	Fee (M/NM)
17923	Tu	Apr 11-Jun 6	2pm-2:45pm	\$46/\$57
18188	Tu & Th	Apr 11-Jun 8	2pm-2:45pm	\$86/\$108

Instructor: Klopfer

Location: Exercise Room

## Senior T'ai Chi Ch'uan

This exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. FOR SENIOR CENTER MEMBERS ONLY. No Class 4/13

Course #	Day	Date	Time	Fee (M/NM)
17924	Tu & Th	Apr 11-Jun 8	10am-10:50am	Free

Instructor: Tuanmu

Location: Exercise Room

# Seniors

## Soft Aerobics



Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain. No Class 4/13

Course #	Day	Date	Time	Fee (M/NM)
17925	Tu & Th	Apr 11-Jun 8	11am-12 noon	\$36/\$45
Instructor: Klopfer				
Location: Carnation Room				

## Stroke Prevention (English & Spanish) *New*



Learn the latest information about stroke prevention and treatment from members of the NIH Stroke Team at Suburban Hospital. Frequently called a 'brain attack,' stroke is the third leading cause of death in the United States. Learn to identify the symptoms of stroke and how to seek immediate attention. See how you can change your lifestyle to control some of the modifiable risk factors. Discuss the recent technological advances in stroke treatment.

Course #	Day	Date	Time	Fee (M/NM)
18544	Th	Apr 20	1pm-2pm	Free
Instructor: Suburban Hospital				
Location: Azalea Room				

## Table Tennis - Beginners



This session is for those who have had little or no experience playing table tennis. Learn basic techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls will be available.

Course #	Day	Date	Time	Fee (M/NM)
18908	Tu	Mar 28-Apr 25	12:30pm-1:30pm	\$20/\$25
Location: Carnation Room				

## The Aging Athlete *New*

Join Neil Barkin, MD, in this discussion about sports and seniors. It seems harder to 'bounce back' from the stresses and strains of athletic outings as we get older. What can be done to prepare for the activity and prevent injury? What are the common problems experienced by the senior golfer, tennis player and jogger? Can you stay active while nursing an injury? Learn about prevention and a variety of treatments available for the older athlete.

Course #	Day	Date	Time	Fee (M/NM)
18546	Th	Jun 15	1pm-2pm	Free
Location: Azalea Room				

## The New Attitudes



This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

Course #	Day	Date	Time	Fee (M/NM)
17929	Tu	Apr 18-Jun 13	12 noon-12:30pm	Free
Location: Exercise Room				

## Toning Table Training



Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. You must join the Fitness Club to use the tables (\$25 fee due when your Senior Center membership is due.) Ongoing. No class 5/29.

Course #	Day	Date	Time	Fee (M/NM)
17930	M & W	Mar 27-Jul 12	10am-11am	\$8
Instructor: Cristiano				
Location: Fitness Room				

## Total Conditioning Workout *New*



This strength building, non-cardio fitness class is for both men and women. It offers a workout designed to produce improvement in strength, flexibility and balance using hand held weights, bands and tubes. The workout intensity may be modified to suit any fitness level.

Course #	Day	Date	Time	Fee (M/NM)
18962	M	Apr 17-Jun 12	10am-10:45am	\$28/\$35
Instructor: Klopfer				
Location: Exercise Room				

## Yoga



Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

Course #	Day	Date	Time	Fee (M/NM)
17931	F	Apr 14-Jun 9	9:50am-10:50am	\$38/\$48
Instructor: Figure				
Location: Exercise Room				

# Seniors

## Sports/Leagues

### Backyard Badminton



Come out and learn to play or improve your game. Our instructor is a National Senior Olympic Gold Medalist. Take advantage of his expertise. All levels of play are welcome. The program is located at Twinbrook Community Recreation Center which has just refinished the gym floor and lined it for badminton. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
17902	F	Mar 31-Jul 14	8:45am-9:45am	Free

Instructor: Shannon

Location: Gymnasium

### Bocce Ball Club



Bocce Ball is easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. Ongoing. No Class 4/13.

Course #	Day	Date	Time	Fee (M/NM)
17903	Tu & Th	Apr 25-Sep 7	10am-11am	Free

Instructor: Galasso

Location: Carnation Room

### Game Room Activities

Pool tables, table tennis tables and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office. FOR SENIOR CENTER MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m. Sat: 8:30 a.m.-12:50 p.m. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m.

### Bocce Tournament

Course #	Day	Date	Time	Fee (M/NM)
17909	Th	May 18	10am-11am	Free

Instructor: Cristiano

Location: Game Room

### Instructional Golf Clinic - Beg. and Int.



Golfers will concentrate on the fundamentals of golf which include the swing, grip, stance and posture. An introduction to the short game, chipping, putting and a discussion of rules and etiquette will be included. Clubs provided if needed. No class 5/19.

Course #	Day	Date	Time	Fee (M/NM)
17910	F	May 5-Jun 2	10am-12 noon	\$29/\$35

Instructor: Reilly

Location: Azalea Room

### Newcomb Volleyball



Have fun and get fit at the same time. Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Coach 'Bernie' Shannon will help keep you in shape. Come out and play on a newly refinished gym floor at Twinbrook Community Recreation Center. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
17913	W & F	Mar 29-Jul 14	10am-11am	Free

Instructor: Shannon

Location: Gymnasium

### Senior Co-Rec Softball Team



Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information call 240-314-8822.

Course #	Day	Date	Time	Fee (M/NM)
17919	W	Mar 22-Jul 26	9am-11am	Free

Instructor: Jaques

Location: Field #1 (B)

### Senior Duffers



Enjoy a fun-filled season of golf. Play is arranged at local golf courses with a tournament scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. Both 9 hole and 18 hole play are available. There will be an organizational meeting 3/29 at 10 am in the Azalea Room. Ongoing. No class 5/29.

Course #	Day	Date	Time	Fee (M/NM)
17920	M	Apr 24-Sep 4	8am-1pm	\$5/\$8

Location: TBA

### Ten Pin Rockin' Rollers



When is the last time someone cheered for you? You will have a ball with this social league. New members are welcome. The weekly \$5.50 fee is payable directly to Shady Grove Fairlanes (15720 Shady Grove Rd.) the day of play and includes three games and shoe rental. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
17928	Th	Mar 30-Jul 13	1pm-3pm	Free

Instructor: Jaques

Location: Bowling Alley

**Rockville Senior Center Health Fair**  
**Wednesday, May 31**  
**11 a.m.-2 p.m.**



# Seniors

## Trips

### Registration Procedure for all Trips:

An In-Person Lottery Registration will be held on Thursday, March 9, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 am and 10:30 am, with numbers called in random order starting at 10:30 am. Registrations will be accepted at the Senior Center only. Mail-in or walk-in registrations will be accepted at the Senior Center on Monday, March 13, on a space-available basis. Note: Individuals may register for themselves and for one other individual. The cost listed is registration fee and payable at time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

### Charlie Prose Show

Live on stage and an all new production, you won't want to miss The Charlie Prose Show. Laugh along with Charlie as he looks at the funny side of life. He is America's #1 variety performer and this is his only area appearance this year. We will travel to Glen Burnie to LaFontaine Bleu for a sit down lunch and the show. Come with us since laughter is the best medicine! Trip includes: transportation, leadership, lunch and show.

Course #	Day	Date	Time	Fee (M/NM)
18852	F	Apr 7	10am-4pm	\$68/\$85

Depart From: Glenview Mansion

### Cruising On The Potomac

Springtime in Washington is always a special time of year. Let's cruise on the Potomac River aboard The Spirit and enjoy birds singing, blossoms blooming, a buffet lunch and a high energy cabaret show. This is the perfect way to celebrate the beginning of spring. Trip includes: transportation, buffet lunch, cruise and leadership.

Course #	Day	Date	Time	Fee (M/NM)
18859	Tu	Apr 25	10:15am-3:30pm	\$55/\$69

Depart From: Glenview Mansion

### Pope John Paul II Cultural Center

Washington, D.C., was selected as the location for the Center at the urging of John Paul II who called the city the 'crossroads of the world.' The Center encourages visitors of all denominations to explore faith and culture through technology, cultural programs and art. We will take a self-guided tour through several galleries and have time to see the film and visit the gift shop. We will then travel to Phillips Seafood Restaurant for an all you can eat buffet. Trip includes: museum entrance fee, transportation, buffet lunch and leadership.

Course #	Day	Date	Time	Fee (M/NM)
18876	F	May 12	8:45am-4pm	\$50/\$62

Depart From: Glenview Mansion

### Museum of the Shenandoah Valley

Let's travel to Winchester, Virginia, to the newest museum in the area. The Museum of the Shenandoah Valley interprets the art, history and culture of the valley for which it is named. The complex includes a historic house, six acres of spectacular gardens and museum. We will first visit the museum, have a buffet lunch in the reception room and then have a docent led tour of the eighteenth century house, Glen Burnie and end with self-guided tour of the gardens. Trip includes: all admissions, transportation, and leadership. Note: \$15 payable day of trip for lunch.

Course #	Day	Date	Time	Fee (M/NM)
18860	W	May 24	8:30am-5pm	\$50/\$78

Depart From: Glenview Mansion

### Take Me Out To The Ballgame

The 2005 Carolina League Champion Frederick Keys are waiting for us to travel to Harry Grove Stadium for an evening game against the Kingston Indians. We have box seats along the 3rd baseline so come enjoy future Baltimore Orioles in an intimate stadium setting against future Cleveland Indians. Dinner/snacks on your own at the game. Trip includes: transportation by senior center bus and leadership.

Course #	Day	Date	Time	Fee (M/NM)
18853	Th	Jun 1	5pm-11pm	\$20/\$25

Depart From: Rockville Senior Center

### Kennedy Center - Mame

A new Kennedy Center Production of the classic American musical 'Mame,' starring Emmy and two-time Tony Award winner Christine Baranski, comes to Washington for a limited engagement. The story of eccentric Auntie Mame and her nephew has an irresistible score by Jerry Herman and will have you almost dancing in the aisles of the Eisenhower Theatre. Dinner prior to the show is on your own in the Kennedy Center Cafe. Trip includes orchestra seat, leadership and transportation. A deposit of \$50 due at trip registration and balance due by May 1.

Course #	Day	Date	Time	Fee (M/NM)
18850	Tu	Jun 27	5pm-11:30pm	\$112/\$140

Depart From: Glenview Mansion